



Sept 8, 2010

Navy's Influenza Vaccination Campaign

"Vaccinations are one of the best ways to put an end to spread of infectious diseases. The health and well-being of the Navy's Total Force and our beneficiaries are among our top priorities. The best way to help keep our personnel and their families healthy and ready is to ensure we are prepared to provide our total force with the seasonal flu immunization in a timely fashion, as it is the primary method of reducing seasonal flu illness."

– Vice Adm. Adam M. Robinson, Navy Surgeon General and Chief, Bureau of Medicine and Surgery

Influenza is not the common cold; it can be a severe to life-threatening disease that annually results in more than 30,000 U.S. deaths. [Immunization](#) remains the primary method of reducing seasonal flu illness and its complications. Getting immunized annually, with either the [traditional shot](#) in the arm or the inhaled [nasal spray](#), protects people from getting the disease and becoming severely ill. The seasonal flu vaccine is essential for naval readiness as it helps protect entire communities by preventing and reducing spread of disease.

Immunization is the Primary Method of Reducing [Seasonal Flu](#) Illness.

- Navy policy requires flu vaccinations for all active and Reserve component Sailors, and emergency-essential civilians (if a condition of their employment).
- This year the H1N1 flu vaccine is combined with the seasonal flu vaccine, so only one shot is needed.
- Seasonal flu mist vaccinations are expected to arrive at Military Treatment Facilities (MTFs) in mid-September. Flu shot vaccines are expected to arrive at MTFs in late September, based on delivery from the supplier.
- The Navy expects to have enough seasonal flu vaccine for all active duty, Selected Reserve and healthcare workers, as well as for family members who want it.
- DoD civilians and beneficiaries should consult their primary care provider for alternate vaccination sites.
- Only trust information and supplies from reliable sources, and never order a vaccine over the internet.

Personal Preventative Measures Can Limit the Effects of the Flu

- Cover your mouth when you cough. Covering your mouth with a tissue is best to limit the spread of germs.
- Wash your hands often; avoid touching your eyes, nose or mouth.
- If possible, stay home from work, school and errands when you are sick.

The Health and Well-Being of the Navy's Total Force and Beneficiaries is One of Our Highest Priorities

- General information on seasonal flu and H1N1 can be found at <http://cdc.gov/flu/>, and for military guidelines and information view http://www.med.navy.mil/Pages/Flu_H1N1_Info.aspx
- Additional information on the military vaccine program can be found at <http://www.vaccines.mil/>.

Key Messages

- The annual seasonal flu vaccinations are mandatory for all active duty military personnel and Selected Reserves unless medically or administratively exempt.
- Force health protection is the responsibility of every commander and service member. All must take the proper actions to protect personnel and family members against the seasonal flu.

Facts & Figures

- Seasonal flu vaccines are expected to arrive at MTFs in September.
- The Navy's goal is to achieve 90 percent immunization compliance by Nov. 21, 2010, and 100 percent immunization compliance by Dec. 1, 2010.
- According to the CDC, every year in the United States, on average 5 to 20 percent of the population experience the flu; more than 200,000 people are hospitalized from flu complications; and about 36,000 people die from flu-related causes.